



I'm In Chains

32 count, 2 wall, beginner level

Choreographer: Irene Groundwater (Canada) Jun 03
Choreographed to: Chains by Tina Arena, CD: - Don't ask,
bpm 93, 32 count intro; Lyin' to my heart by Jenai, CD: -
Cool me down, 124 BPM

Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

1-8 FORWARD, TOGETHER, FORWARD, HEEL, FORWARD, TOGETHER, FORWARD, HEEL

1-2 Right forward, Step Left beside Right

3-4 Right forward, Tap Left Heel diag forward

5-6 Left forward, Step Right beside Left

7-8 Left forward, Tap Right Heel diag forward

(Option – Count 4 – Look to the left and snap your fingers each side of body waist high as you tap your heel)

(Option – Count 8 – Look to the right and snap your fingers each side of body waist high as you tap your heel)

9-16 BACK, HEEL, BACK, HEEL, BACK, HEEL, BACK, HEEL

1-2 Right back, Tap Left Heel diag forward

3-4 Left back, Tap Right Heel diag forward

5-6 Right back, Tap Left Heel diag forward

7-8 Left back, Tap Right Heel diag forward

(Option – Counts 1, 3, 4 and 7 – bend knees, - Counts 2, 4, 6 and 8 straighten knees as you snap fingers and tap heels)

(Option – Counts 2 and 6 – Look to the left and snap your fingers each side of body waist high as you tap your heel)

(Option – Counts 4 and 8 – Look to the right and snap your fingers each side of body waist high as you tap your heel)

17-24 FORWARD, REPLACE, BACK, HEEL, FORWARD, TOGETHER, ¼ TURN LEFT, HEEL

1-2 Right forward, Replace weight on Left

3-4 Right back, Tap Left Heel diag forward

5-6 Left forward, Step Right beside Left

7-8 Left forward making ¼ turn left on step, Tap Right Heel diag forward

(Option – Counts 4 and 8 - snap your fingers each side of body waist high as you tap your heel)

25-32 RIGHT VINE WITH HEEL, SIDE, BEHIND, ¼ TURN LEFT, HEEL

1-2 Side step Right, Left behind Right

3-4 Side step Right, Tap Left Heel diag forward

5-6 Side step Left, Right behind Left

7-8 Side step Left making ¼ turn left on step, Tap Right Heel diag forward

(Option – Count 4 – Look to the left and snap your fingers each side of body waist high as you tap your heel)

(Option – Count 8 – Snap your fingers each side of body waist high as you tap your heel)

BEGIN AGAIN

Choreographed for all my special students who love Tina Arena's music.

This step description may be freely copied and distributed, but may not be altered or rewritten without the express permission of the choreographer.
